



Mindful Movement

Facilitated by Bonita L. Maclin LMT, CST

Sway to the rhythm, glide across the room, tap your toes to the beat...

These are some of the ways we will explore the use of movement to increase strength and flexibility. We'll use our bodies, our breath and our senses to reconnect and to center ourselves. Mindful Movement is an effective way to reduce stress and its physical consequences to be the best ME you can be. This class is lots of FUN!

Days: 8 Thursdays

Dates: April 28-June 16 and/or July 28-September 15

Time: 6-7pm Women Only

Fee: \$40 Residents/\$50 Non-Residents

Register Now! (Must register at least 1 week in advance).

Mindful Movement at the Pruzin Community Center 5750 Tyler Street, Merrillville, IN 46410

Make checks payable to: Merrillville Parks and Recreation

Student's Name: _____

Full Address: _____

e-mail: _____ Phone: _____

Birthday: ____/____/____ (for security purposes only)

Class session enrolling in: _____